

Creating positive relationships  
with physical activity for life



Suite 305 79 College Road Harrow HA1 1BD  
T 020 8863 0304 E [info@createdevelopment.co.uk](mailto:info@createdevelopment.co.uk)  
[createdevelopment.co.uk](http://createdevelopment.co.uk)

 @Create\_Dev  Create\_Development



real PE

real PE  
real learning  
real evidence

Giving all children the physical literacy, emotional  
and thinking skills to achieve in PE, Sport and life



OVER  
**13,000**  
PRACTITIONERS  
TRAINED

OVER  
**3,500**  
SCHOOLS

IN  
**10**  
COUNTRIES

A POSITIVE  
IMPACT ON  
**750,000**  
PUPILS

# why **real PE?**

**We believe every child wants to play, move and learn. It is in their DNA! They all have the right to develop positive early relationships with PE and Physical Activity.**

We believe that a child's early experiences provide a blueprint for their adult lives, developing the core memories and Fundamental Movement Skills (FMS) that act as the foundations and building blocks for future activity.

We believe every teacher can develop positive early relationships and provide the essential ingredients children require to learn, develop and flourish.

We believe every school can create an enabling environment where young people feel included, valued, challenged and supported to achieve their maximum potential in PE, in school and in life.

**We know active, healthy children achieve more.**



“

*We chose to invest in real PE because it's the best thing I've seen on the market for 20 years. It puts children at the heart of learning, it's not just based on PE, it's based on quality learning... You've got to see the impact it has on your children and the learning in your school. It's unbelievable.*

Leigh Wolmarans, Headteacher, Lings Primary School

## The problem...

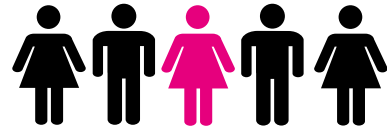
Despite all the investment and initiatives over the years, activity levels of children are down, physical literacy is down, health problems are on the up with costs spiralling. All the evidence suggests that the present delivery of PE and Sport fails the majority of children and, in many cases, makes the problem worse.

We have lost sight of what children need to learn to maximise their potential in our subject which has led to the teaching of sport rather than the children. It has focused on present performance rather than maximising potential and long term participation.

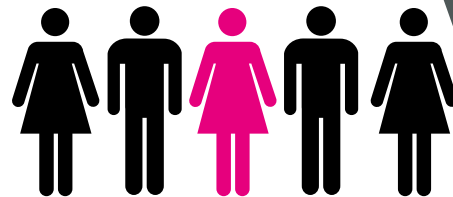
We have traditionally delivered a subject where only a small percentage of children believe they can be successful and where children are afraid to stretch themselves due to a fear of failure.

## We believe...

PE has been focused on only **20%** of children



Delivered by the **20%** of practitioners who successfully navigated their own early childhood experiences



negative experience of PE  
inadequately trained  
lack of confidence

## Creating positive early core memories and experiences



# how is real PE unique?

**real PE** is a philosophy and approach which helps ALL children develop the physical literacy, emotional and thinking skills to achieve in PE, sport and life. It places the learner at the heart of practice with the ultimate goal of children feeling valued, included, challenged and supported in their learning.

It transforms how we teach PE. It supports teachers and other practitioners to make small changes that will have a significant impact on their learners.

Unlike other programmes, it provides:

- longitudinal and comprehensive training
- clear learning journeys for children
- market leading resources
- ongoing support
- an impact report (for Whole School Model)

Fully aligned to  
the National  
Curriculum  
and Ofsted  
requirements

all based on a holistic approach which recognises the key abilities children need to be successful both within PE and Sport and across the curriculum.

“

*I have been looking for something like this since I came into teaching nearly 20 years ago! I love teaching PE but never felt as if I really knew what I was doing! Now I feel like an expert and as if I can work in a way that is engaging and inclusive of ALL of my pupils.  
Thank you so much!*

Lucy Ashby, Teacher, St Peter Primary School

**The programme for Early Years Foundation Stage, Key Stage 1 and 2 practitioners consists of three full days plus post-course learning material and evaluation.**

### **Part 1**

- Introduction
- Philosophy
- Multi-abilities
- Fundamental Movement Skills
  - Assessment framework
  - Lesson format

### **Part 3**

- Review and next steps
- Embedded learning nutrition and learner led delivery

### **Part 2**

- Initial implementation and review
- Competition spectrum
- Creating healthy competition
- Creating teaching habits for learning behaviours
- Assessment tools

Receive supporting resources to include, challenge and support the whole child:

- **Curriculum map and integrated assessment framework**
- **Scheme of Work for your year group (36 weeks of lessons)**
- **Interactive DVD, posters and student cards containing over 200 Fundamental Movement Skills challenges**
- **Books and interactive tools containing thematic stories, songs, challenges and adventures (for EYFS/KS1 Practitioners)**
- **Menu of inclusive, creative, cooperative and competitive warm-ups, games, activities and review methods (for KS2 Practitioners)**
- **Multi-ability posters to support Assessment for Learning**
- **Long term support from initial training through to implementation**
- **Support to fully embed into your school**

real PE



Unit 1 – Personal Skills  
Year 2

real PE Learning  
ance

**Safety: Ensure you can hold a front support.**

(Collect ball with knee turn to side)

(Stop ball from front support with...)

(Chase roll...)

**first FUNS**

**Creative Cognitive Physical**

...a balanced position.

...by a partner and

...use a large bounci

...it in a balance

2. Start in a seated/lying p

...it in a balanced p

...ing both ways:

...to metres and

...chase a large ball

...legs and then

...ball, stopping i

...in a front

...the Train's!

...Caspar t

...Very

...M B

...a

...R

...g

...ou

...g





# our vision

**Creating positive relationships with physical activity for life.**

To **redefine what's possible** for PE, Sport and physical activity through a new, positive and inclusive culture.

# our mission

To provide innovative training and resources to support schools, families and communities to transform the culture of physical activity.

Our unique, inclusive approaches create habits and develop essential behaviours, physical literacy, emotional and thinking skills in **all young children.**



View our National Events Calendar on our website [createdevelopment.co.uk](http://createdevelopment.co.uk) to find a **real PE** Create Learning Community near you or contact us to find out more at:

**T 020 8863 0304**

**E [info@createdevelopment.co.uk](mailto:info@createdevelopment.co.uk)**

Take a look at our **real PE** showcase video...

